

THE CLAIMS

What is claimed is:

1. A cosmetic composition comprising an active ingredient comprising a fatty acid or an antiandrogenic sterol from *Serenoa* or from *Cucurbita* seeds in a therapeutically effective amount sufficient to provide a retarding action on the growth of superfluous hair.
2. The composition of claim 1, further comprising anti-inflammatory or vasal protective agents.
3. The composition of claim 2, wherein the anti-inflammatory or vasal protective agents comprise at least one of: triterpenes from liquorice; saponins from a horse chestnut plant; triterpenes from *Terminalia sericea*; isobutylamides from *Zanthoxylum bungeanum*; ginkgoflavoneglucosides and terpenes from *Ginkgo*; polyphenols from grapes seeds; anthocyanosides from bilberries; saponins from butcher's broom; or a mixture thereof.
4. The composition of claim 3, wherein each anti-inflammatory or vasal protective agent is present in an amount from about 0.1% to about 3% by weight.
5. The composition of claim 1, which comprises a *Serenoa repens* extract and at least two anti-inflammatory or vasal protective agents.
6. The composition of claim 1, wherein comprises a *Cucurbita pepo* extract and at least two anti-inflammatory or vasal protective agents.
7. The composition of claim 1, further comprising a pharmaceutically or cosmetically acceptable carrier, excipient, or adjunct, which can form a complex with the active ingredients, thereby improving absorption or effectiveness.
8. The composition of claim 7, wherein the carrier comprises a phospholipid.
9. The composition of claim 1, wherein the active ingredient(s) are present in an amount from about 0.1% to about 3% by weight.

10. The composition of claim 1, wherein the composition is in the form of a liquid, a solid, or a semi-solid.

11. The composition of claim 1, wherein the composition is in the form of a lotion, a milk, a solution, an emulsion, a cream, a paste, a gel, a foam, or a combination thereof.

12. The composition of claim 1, which further comprises one or more conventional depilatory agents.

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13. The composition of claim 12, wherein the one or more conventional depilatory agents comprise a thiol derivative; thioglycolic or thiolactic acid, or an alkali or alkaline-earth metal salt thereof; ethanolamine thioglycate; aminoethanethiol; mercaptopropionic acid; thioglycic or thioacetic acid; barium sulfate; or a mixture thereof.

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14. The composition of claim 1, which further comprises a conventional depilation accelerator.

15. The composition of claim 14, wherein the conventional depilation accelerator comprises a urea, a thiourea, or a biguanide, or a combination thereof.

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16. A cosmetic treatment method, which comprises applying to a region of the body having superfluous hair a composition comprising an active ingredient comprising a fatty acid or an antiandrogenic sterol from *Serenoa* or from *Cucurbita* seeds in a therapeutically effective amount sufficient to provide a retarding action on the growth of superfluous hair.

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17. The cosmetic treatment method of claim 16, wherein from about 0.01 mL to about 0.1 mL of the composition is applied per square centimeter of skin area.

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